



The Sunriseser

The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 51 Years of Service



Meets for Breakfast Wednesday's, 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, FL.

2024-2025 Officers

President Pro-Tem, February
Carlene Laseter

President: David Freeburn
561-997-4897

Secretary: Jay Alperin
561-289-2387

Treasurer: Bill Morse
561-213-2965

2024-2025 Bd. of Directors

Carlene Laseter, Peggy Kelleher,
Doug Martin, Scott Youngberg,
Ezra Krieg, Bob Barcinski,
Pam & Joel Davidson, Regina Sablo,
Rich Pollack, Andie DeVoe,
Diane Colonna

2024-2025 Committee Chairs

*Community Service:

AVDA - Jay & Diane Alperin

Thanksgiving - Ezra Krieg

Police Appreciation - Ezra Krieg,
Peggy Kelleher, Larry Schroeder

*Club Meetings:

Jay Alperin

*Fund Raising:

General Events - Ezra Krieg, Rich Pollack

Delray Affair - Rich Pollack, Reeve Bright

Golf Tourney - Scott Youngberg

Glo-Ball - Bob Barcinski

*Interclubs:

Steve Rubin

*Membership:

Carlene Laseter,
Regina Sablo

*Newsletter/Website:

Scott Youngberg

*Publicity/PR:

Rich Pollack,
Patrick Glover

*Programs:

Ezra Krieg

*Social Activities:

President & President Elect

*Spiritual Aims:

David Freeburn

*Youth Services:

Scholarship - Scott Youngberg,
Bill Morse

Terrific Kids - Peggy Kelleher,
Danielle Garcia

*Key Club/Builders Club

- Bob Hayes

American Heritage - Sally Schliefer

Atlantic High School - Bob Hayes

Volume 2025, Issue 2

February, 2025

Embrace. Educate. Empower.

Our program on January 8th was presented by Eric Roby, CEO of the Fuller Center. Formerly known as the Florence Fuller Center, The Fuller Center provides affordable childcare and well-rounded support system with comprehensive, family-centered care.

Fuller Center is much more than an early childhood education organization - it's a FAMILY EMPOWERMENT CENTER. While programs target children 6 weeks to 22 Years old, the Fuller Center also offers wrap-around services that help build

stronger families.

From a robust Health and Hunger Program to specific services catered to individual children and families, Fuller Center helps ALL children reach their full potential by providing the care and love that they need daily.

They currently have two campuses in Boca Raton, but serve parents from 68 zip codes. There are many ways to support and get involved. Go to www.fullercenterfl.org for more information.



GIVE KIDS A CHANCE!

Our program on January 15th was presented by Chris Wilson, President of Kids Kickstart.

Founded in 2020, the mission of Kids

Kickstart is to provide resources and tools in the form of laptops, software, cloud services and other tangible supports directly to students and their families to further their economic and educational opportunities.

Kids Kickstart targets kids, ages 7-17 who aspire to further their education and professional skills but lack access to their own personal in-home computers and software to further their educational and creative interests out of the classroom. According to the AP Survey 2017, 17% of students lack access to a home computer and 3 million students do not have broadband Internet.

This was even more evident with the global pandemic, COVID-19 which closed schools and put a

nation of school children and their families into home schooling and virtual learning without the proper tools. Students need every opportunity to learn and grow in a time that technology reigns supreme. Kids Kickstart goal is to provide opportunities to work with the most advanced technology like AI and cloud computing, by giving them the tools and resources needed.

Their process is to partner with schools and other non-profit organizations aligned with their mission to help underserved kids.

Kids Kickstart is entirely volunteer driven. However, as the organization grows and raises additional funds, they propose to expand mentoring programs with professionals in the technology, scientific, creative and entrepreneurship areas of interest. For more information, go to www.kidskickstart.org



Visit our Website:
delraybeachkiwanis.org



Other Doings.....



Hail! President, Pro-Tem of the Month!

***** **January** *****



Larry Schroeder

Here are the upcoming scheduled PPOTM's:

February - **Carlene Laseter**

March - **Reeve Bright**

April - **Andie DeVoe**

May - **Mykal Banta**

June - **Regina Sablo**

July - **Doug Martin**

August - **Terrence Moore**

September - **Steve Rubin**

Thank You!



Congratulations **Jeff Rasor**! Jeff has accepted the position of Manalapan Police Chief. We will miss Jeff, but sincerely wish him all the best with his new responsibilities.



Our club was represented at the Christmas in July 5K. Thanks to **Pam & Joel Davidson, Ezra Krieg, Peggy Kelleher, Rich Pollack, Andie DeVoe, and Steve Rubin** for attending.



► Continues—See **Other Doings**, Page 3

\$\$\$ Happy Dollars \$\$\$



Upcoming Important Dates:

Birthdays:

February 7 - Dave Randolph

February 15 - Tom Carney

February 16 - Jeffrey Rasor

Wedding Anniversaries:

February 21 - Michael & Robin Moschette

February 27 - Steve Rubin & Patti Bloom

Membership Anniversaries:

February 5 - Doug Martin, 33 years

February 12 - Joel Davidson, 17 years

February 14 - David Freeburn

February 27 - Bill Morse

Mark Scheinbaum, 36 years

January 1st Meeting: Happy New Year!

January 8th Meeting: Today we learned that **Jeff Rasor** is the new Chief of Police for Manalapan. Everyone put in for Jeff. **Russ Majer** said he will be sorely missed and we all wished him well. Jeff thanked everyone. **Andie DeVoe** put in for her husband's birthday. **Mike Moschette's** son had a birthday. **Rich Pollack, Carlene Laseter** put in for the cool weather. **Ronnie Dunayer** likes it - "Good for Golf Lessons". **Gina Sablo** is back from NY. **Mike Salem** had a great time on a "singles" cruise. **Dave Freeburn** is back from his hospital stay with an infection. He also thinks the Eagles will have something to say about the Super Bowl. **Mykal Banta** is for the Lions, **Peggy Kelleher** is for the Bills. **Ezra Krieg** also returned from NY. He said he stumbled into a Bills Bar - "Like a room full of Peggy's". **Barry Frette's** 90 year old Dad shot an 86 at Delray's golf club. **Scott Youngberg** hopes FSU beats UM in basketball tonight. Everyone else was Just Happy.

January 15th Meeting: **Carlene Laseter** celebrated another birthday. Everyone put in for that. **Bob Hayes, Lynn Korp** and **Scott Youngberg** are loving the cool weather. **Bill Morse** is back from up north - Too Cold! **Larry Schroeder** saw **Jeff Rasor** getting sworn in as Chief in Manalapan - "wondering how long that smile will last". **Ezra Krieg** is proud of the Delray Beach Library. **Andie DeVoe** had fun walking the beach at sunrise. **Peggy Kelleher** enjoyed the football last weekend. **Dave Freeburn** said "Go Eagles!" **Joel Davidson** is happy UM got their QB for next season. **Doug Martin** "Times are Good". **Terrence Moore** earned his 8th Gold Medal in the last 8 senior games. And yes, **Reeve Bright** is still vertical. Everyone else JH.

January 22nd Meeting: **Bob Hayes** enjoyed the great sports weekend, even though his teams lost. **Mykal Banta** put in for the Lions great season. **Scott McLean** put in for the Eagles & Buffalo. **Dave Freeburn** is also pulling for the Eagles. Of course, **Peggy Kelleher** put in for the Bills. **Diane Colonna** said it's tough to be a Steelers fan. **Ezra Krieg** "Go Chiefs". **Larry Schroeder's** niece is playing US Flag Football in Tampa. **Lynn Korp** is going to the Bahamas. **Gina Sablo's** granddaughters are happy it snowed in Georgia. **Barry Frette** recently played his best round of golf ever. **Terrence Moore** had a photo op at city hall. **Ronnie Dunayer** is dealing with the weather and is watching Tennis. Everyone else was Just Happy.

January 29th Meeting: Bills Lost! **Peggy Kelleher** bummed, but was happy for a good season. **Ezra Krieg** didn't want to rub it in. **Scott Youngberg** rooted for the Chiefs and enjoyed hearing the War Chant. **Dave Freeburn** is happy for the Eagles and is feeling better after illness. **Terrence Moore's** football teams lost. **Barry Frette** is enjoying the football debate. **Pam Davidson** put in for our club reaching Distinguished status. **Andie DeVoe** is loving the cool weather. **Mike Salem** was happy for the help Andie gave him for his neck. **Doug Martin** put in for his wife's birthday. **Rich Pollack** ran into former member John Crane-Baker who says hi. **Larry Schroeder** is happy Rich joined the club. Larry was the brunt of the short jokes until Rich joined. Everyone else was Just Happy or Vertical.



Everyone Benefits from the Power of Parks!



Our program on January 22nd was presented by Alyssa Tagdharie for Palm Beach County Parks & Recreation.

Palm Beach County's award-winning park system offers the widest possible range of leisure opportunities. Over 8,000 acres of parkland are available to discover. Sports, fitness,

environmental, and cultural opportunities abound, as well as restful places for solitude.

Low-cost, often free, Palm Beach County's park system offers an affordable getaway!

Your playtime is our business. And they take it seriously. Professional staff are always planning for your next visit. New facilities accommodate the latest in leisure trends, as well as the always-popular, timeless needs of our growing community. Exciting, educational, and rewarding recreation programs will stimulate your imagination and provide the challenges you're looking for.

Your leisure experience will be accessible, regardless of age or ability. They remove the barriers, whether you're on a playground, at a waterpark, or enjoying a picnic. Do you have a special need? Certified staff are available to assist you.

They don't play games with your safety. High quality construction followed by rigorous inspections and maintenance schedules ensure your visit will be a safe one. Park rangers are nearby to greet and assist you, answer questions, and watch out for your well-being.

Say goodbye to boredom and the often hectic routine of everyday life. Looking for a getaway? You'll find it here!

For more information, go to <https://discover.pbc.gov/parks/>



Providing Love, Nourishment, and Hope

Our program on January 29th was presented by Nicholas Bossi, the Executive Director for House of Grace.

House of Grace started when Founder and Executive Director, Nick Bossi saw a massive amount of food insecurity in his hometown. Nick had extensive experience working at many local non-profits in his region. Eventually, he decided that it was time to start his own. With the help of Julia Kirk, and dozens of other friends, House of Grace came to be in 2024, and from then on they set out to provide everyone with love, nourishment, and hope.

So far, they have fed over 400 people and distributed over 1,200 pounds of food. For more information, go to www.houseofgrace.online.



► Other Doings (Continued from Page 2) . . .



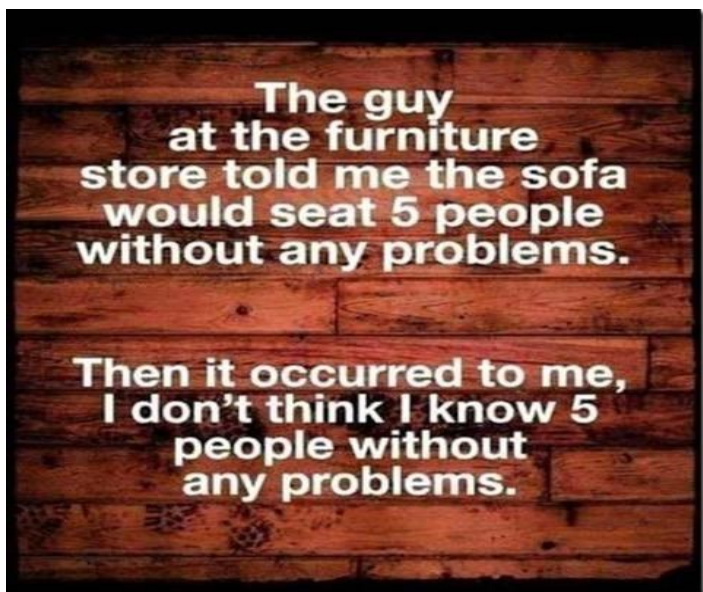
Our club received "Distinguished" status for the 2023-24 year. Congratulations to President **Dave Freeburn** and Lt. Governor **Pam Davidson**.



Our club donated 68 pairs of athletic shoes to In Jacob Shoes. Thanks to Andie DeVoe for spearheading this effort.



Our club participated in the MLK Brunch on January 20th. Thanks to everyone who attended. Here are some pics:





Board Meeting Notes

Our club's recent Board Meeting took place via Zoom on January 6th. Here are some notes:

I. Board Attendance: President David Freeburn; Secretary Jay Alperin, Treasurer Bill Morse. Directors: Kelleher, Davidson, Pam; Krieg,

Davidson, Joel; Sablo, Devoe, Laseter

II. Foundation Attendance : President Freeburn, Vice-President Pollack; Directors: Colonna, Youngberg, PDavidson.

III. Secretary's Report: Approve Minutes of December 2, 2024 meeting. Changes were proposed to the draft minutes, including changing "Boynton" Women's Club to "Delray Beach" and adding Pam Davidson's name to the list of Foundation Board directors. Motion to Approve as modified by Ezra Krieg, Seconded by: Joel Davidson. Passed

IV. Financial Report:

Bill Morse reported that due to time constraints he had been unable to do a detailed analysis of the club's finances, however, he can report that the club has approximately \$40,000 in the bank account. David Freeburn suggested that when the information is available it be sent out to the members.

V. Old Business:

A. MLK Breakfast. Rich Pollack said as of yet he is unsure of how many people planned to attend the event. Bill Morse said that 3 people had paid for the breakfast so far.

B. Putt Putt Golf Challenge – February 6. Rich stated that a sign up sheet will be distributed at Wednesday's meeting.

C. Pine Grove request for support - (Pam). There was still no response from phone calls to the school principal. Pam will continue trying to reach her.

D. Real Men Bake. Peggy reported that 25 bakers had signed up to participate, more are expected to join. She is continuing to work with Jocelyn Patrick to promote the event. The date of the event is February 10th, tickets are \$40.00 each.

E. Delray Affair. Rich suggested that Bob Hayes be invited to the next board meeting to give an update on this event. Pam stated that online methods of making donations, such as Square, need to be made available to people. She also suggested that signage be improved. Rich and Peggy will get together with Bob to discuss these and other issues.

F. Police Appreciation – April 10th. Ezra stated he is still waiting for the police chief to confirm the date of this event.

VI. New Business

A. Christmas in July 5K – February 1st. Ezra stated that there will be a team from Delray Kiwanis participating in this event. Pam Davidson

stated that she has 3 raffle tickets left for sale at \$25 each. The winner will receive four tickets to a Miami Heat game.

B. Shoe Drive for Jacob's Shoes. Andrea Devoe is planning a used shoe collection for the nonprofit organization Jacob's Shoes. She will collect shoes that are used but still wearable at the weekly Kiwanis meetings through the end of January.

C. IHOP Pancake Day – March 4th. Joel Davidson stated that a sign up sheet will be distributed for this event. Rich and Jay asked what charity is the beneficiary of this event. It was determined that the charity should be identified, then members can be notified and vote via email.

D. Foundation Recap. Rich had sent a summary of 2024 activities that the Foundation has been involved in. Pam noted that a copy could be sent with the December Kiwanis report, and Rich suggested it be included in the packets for new club members. Other suggestions were that it be put on a banner, or laminated sheets, or foam boards. Bob Hayes should be consulted for his opinion on this.

E. Grant Request – All People's Day. An application was received for a \$500 grant. Last year Kiwanis gave them \$250 and participated in their event. The consensus was that the club not participate this year. There was a discussion regarding the benefits that this organization provides. Ezra thought that their goal to unite people of diverse backgrounds is consistent with Kiwanis goals. Motion to approve grant for \$250 by Ezra Krieg, Seconded by Bill Morse. Motion passed (Jay Alperin and Joel Davidson opposed, Rich Pollack abstained)

VII. Other

A. Story Trail - Bill Morse asked about the status of the Story Trail project, as there are grant funds sitting unspent in the account. Joel replied that Reeve Bright is working on the agreement with the City.

B. Kiwanis Training - David Freeburn noticed an item in the newsletter about a Kiwanis training program called Amplify, available for \$50. Pam stated the program is primarily geared toward members who are seeking a leadership position in Kiwanis (i.e. Governor, Lt. Governor, etc.).

C. Nominations for officers – need to identify which positions are open, establish a nominating committee. Scott will provide a list of positions and David will work on putting a committee together.

D. Golf Tournament – Joel asked what the status is of the next golf tournament. Scott offered to contact Linda Brown to see if she would be interested in running the next tournament.

E. Fund Raising – Joel suggested that new fund raising ideas be generated and considered. Bill Morse thought the Real Men Bake event might pose an opportunity for the club. Ezra – rather than throw out ideas at this meeting, the fundraising committee should be asked to present ideas. David – will ask committee to come up with suggestions for next meeting.

Next meeting: February 3, 2025



Think you know words?

Build your vocabulary with these new words and learn the meaning:

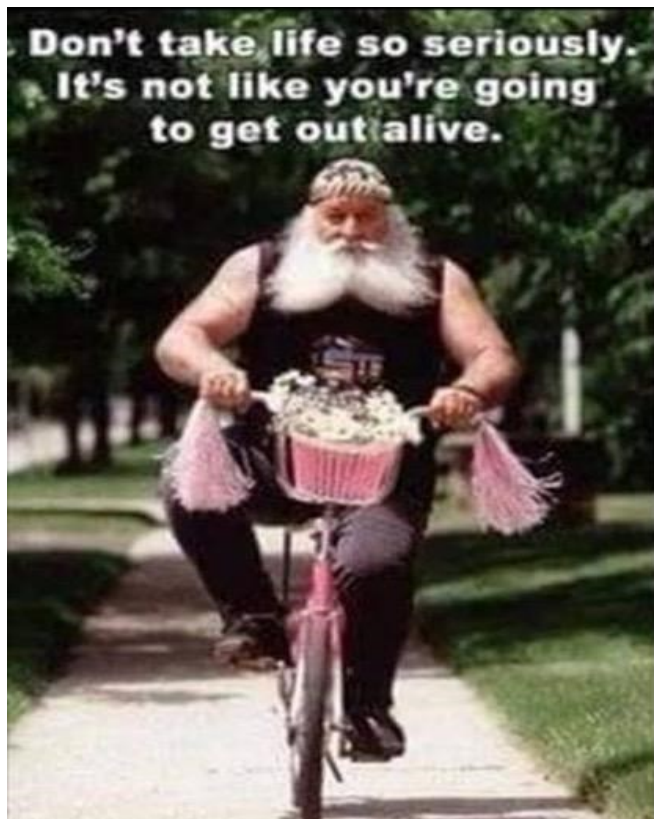
Terraqueous (ter'ākwēəs)

Adjective, Latin, mid- 17th century

1. Consisting or formed of land and water.

Example Sentences:

1. "We hired a landscaping company to install terraqueous features in the backyard of our new house."
2. "She followed the terraqueous path through the swamp until she reached the sandy beach."
3. "Watch your step — this ground is terraqueous, and you're not wearing boots."



Don't take life so seriously.
It's not like you're going
to get out alive.

I've sure gotten old!

I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia.

Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends.

But, thank goodness, I still have my driver's license.

DID YOU KNOW?

The average life expectancy in ancient Rome was 35 years.



The Roman Empire is responsible for countless innovations that are still used on a daily basis, but it would be putting it lightly to say that medical science has advanced quite a bit since Rome fell. Given that — as well as all the gladiators, wars, and assassinated emperors — it shouldn't come as too much of a surprise to learn that life expectancy in ancient Rome was just 35 years. Yet the real culprit behind that figure is actually the infant mortality rate at the time, as some 25% of babies born in the first century CE didn't make it past 1 year old, and only half survived past the age of 10.

Life expectancy is an average, and one that has tended to increase over time, but lifespan hasn't actually changed much in human history. Indeed, it was not uncommon for ancient Romans to live to a ripe old age. Gordian I was 81 when he became emperor of Rome, and Roman statesman Cicero's wife Terentia lived to be 103, for instance. Pliny the Elder (who, despite his moniker, lived to be just 55 before dying in the eruption of Mount Vesuvius) was particularly impressed by one centenarian he studied. He wrote, "The solitary instance of Xenophilus, the musician, who lived one hundred and five years without any infirmity of body, must be regarded then as a kind of miracle."

Membership

Carlene Laseter - Chairperson



Let's All Work On "Recruiting new members"

Our club does so much good for the community, why wouldn't someone want to join? Maybe that someone doesn't know about Kiwanis. Maybe that someone needs to be invited.

Recruiting new members is about sharing the Kiwanis message, telling of your club experience and asking them to join you in service. These tips and tools will show you how.

Prospect lists

Can't figure out who to ask? Create a list of people you know who would benefit from membership in our club. Be sure to include names you've gathered during community events.

Customized "We Are Kiwanis" Flyer & club brochure

Educate your prospect with a "We are Kiwanis" Flyer and club brochure. Ask me for one if you don't have it.

Recruitment Tip - Look the part.

Wearing your Kiwanis pin, shirt, etc. is an easy way to promote Kiwanis and get the attention of prospective members. Be ready with your 1 minute elevator speech if someone asks about Kiwanis.

Remember, This is The Formula:

Love being a Kiwanian. Love your club. Share it with others. Live it.

Doing Good.....Feeling Good!

THE 
FORMULA
 LOVE IT. SHARE IT. LIVE IT.

PUBLIC SERVICE ANNOUNCEMENT**One-and-a-Half Minute Walk**

My name is Alexander, I am a cardiologist and a paramedic. A very important warning for those who wake up at night to go to the bathroom...

You must be careful and use the "One-and-a-Half-minute law" which is scientifically proven. By waking up suddenly for one's physiological needs normally, we often hear that someone "was well in good health and died suddenly during the night without reason."

The most likely reason is that when that person woke up to go to the bathroom, he/she got up from bed in a hurry, but the brain needs greater blood flow, for having rested, causing a state of fainting and that is when the stroke happens. It is recommended to learn the "One-and-a-Half -minute law" that can save your life

When you wake up to go to the bathroom, you must first: Lay for 30 seconds after waking up and then sit up in bed for 30 more seconds lowering your legs quietly and sit like that for another 30 seconds " and only then get up to go to the bathroom.

With these steps the chances are gigantic to survive a sudden stroke, regardless of age...

Share with all your family and friends Remember that you can save yours and the lives of many people sharing this information...

My wife is singing in the house

I'm sitting outside so the neighbors don't think I'm hitting her

Calendar Of Events

- February 1** Christmas in July 5k
7:30 am, Pompano Community Park
- February 6** Putt-Putt Challenge vs. Rotary
5:30pm, Putt'n Around, Delray Beach
- February 10** Real Men Bake
Delray Women's Club
- March 4** IHOP Pancake Day
4745 W Atlantic Ave, Delray Beach
Help us raise \$\$\$ for Feeding America
7 am - 6 pm.
- March 8** Kiwanis Mid-Winter Conference
Pompano Beach, Fl.
- April 4-6** 63rd Annual Delray Affair
(Major Fundraiser)
- April 9** **Police Appreciation**

**Upcoming Meeting Programs**

These are the scheduled Programs for our meetings at the Delray Golf Club (Subject to change):

- 2/5 Delray Beach Fire Chief
2/12 All People's Day Festival
2/19 Hanley Foundation
2/26 Delray Beach Concours
- 3/5 Bella's Angels
3/12 Surfing Florida Museum
3/19 Palm Beach Medical Society (Need Host)
3/26 Tech Hub (Need Host)
- 4/2 Tentative: Legal Aid (Need Host)
4/9 **Police Appreciation**
4/16 NEED SPEAKER
4/23 ANGARI FOUNDATION
4/30 NEED SPEAKER
- 5/7 (Tentative) Honor Flight S Florida
5/14 NEED SPEAKER
5/21 NEED SPEAKER
5/28 NEED SPEAKER
- 6/4 (Tentative) State Attorney Alexcia Cox

Always looking for speakers if anyone has suggestions....

**Please contact Ezra Krieg at
954-260-8838 if you have
a program idea for our meetings.**



50/50 Winners:

Here are the holders of the "Winning Tickets" for last month:



- January 8 - Jeff (The New Chief) Rasor**
January 15 - Dave Randolph
January 22 - Peggy Kelleher
January 29 - Bill Morse

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted."

— Mother Teresa



Feeling a little bit stupid?...

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it.."

--Al Gore, Vice President

Actually, you're a genius comparatively...



HEALTHY LIVING TIP



Restorative Yoga: Long and Easy Stretching

Whether you have been curious about yoga but have never tried it, or if you're a seasoned yogi looking for something new, restorative yoga has something for everyone. This gentle yoga uses props like blocks, blankets, and straps. Stretches and poses are held for a longer time, yielding many benefits. Here are a few ways that restorative yoga can be beneficial for many people:

It can help with neck, lower back, hip, and shoulder pain

It can help with insomnia

All ages widely practice it, and modifications are available

It can relax the mind and help with anxiety

It may help to cope with serious illnesses and life events

It may improve respiratory and circulatory function

Check your local yoga studios or gyms to enroll in a restorative yoga class. If you can't find one, there are online yoga courses you can try. It might be a stretch worth taking (ask your doctor if yoga might be right for you).

Tip adapted from Mindbodygreen.com11

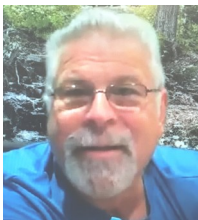


- 1. Fact or Crap** - Bob Dylan was born Robert Alfred Zachari.
- 2. Fact or Crap** - The Boston Marathon is the world's oldest annual marathon.
- 3. Fact or Crap** - A birds plumage can weigh two or three times more then its skeleton.
- 4. Fact or Crap** - Marlon Brando was expelled from Libertyville High School for riding his motorcycle through the school.
- 5. Fact or Crap** - The Komodo dragon can eat up to 80% of its body weight in one sitting.
- 6. Fact or Crap** - Howard Carter died mysteriously exactly 12 months after opening Tutankhamen's tomb.
- 7. Fact or Crap** - The name of the American religious community known as the Shakers developed from the group called Quakers.

(Answers on Page 9)

Krieg's Korner

As a regular feature of our weekly meetings, **Ezra Krieg** brings us up to date with what happened on "This Date in History" Here are a few interesting items from the past month:



January 1:

1804, Haiti declared itself independent from France, becoming the world's first Black-majority republic.
1808, the federal law prohibiting the importation of enslaved people to the United States took effect.
1818, Mary Shelley's novel "Frankenstein; or, The Modern Prometheus" was first published in London, when Shelley was 20 years old.
1863, U.S. President Abraham Lincoln issued the Emancipation Proclamation during the Civil War, declaring that all enslaved people in rebellious states "are, and henceforward shall be free."
1892, the Ellis Island Immigration Station in New York formally opened, processing nearly 700 immigrants on its first day; nearly 12 million immigrants would ultimately pass through the station before its closure in 1954.
2000, an anxious world held its breath as computers silently switched to the year 2000, but the dreaded "Y2K bug" caused few serious issues.

Birthdays:

Filmmaker Frederick Wiseman is 95.
Actor Frank Langella is 87.
Musician Country Joe McDonald is 83.
DJ Grandmaster Flash is 67.
Actor Morris Chestnut is 56.

January 8:

1790, President George Washington delivered the first State of the Union address in New York City.
1815, the last major engagement of the War of 1812 came to an end as U.S. forces defeated the British in the Battle of New Orleans, not having received word of the signing of a peace treaty.
1867, the U.S. House of Representatives joined the Senate in overriding President Andrew Johnson's veto of the District of Columbia Suffrage Act, giving Black men in the nation's capital the right to vote.
1964, President Lyndon B. Johnson, in his State of the Union address, declared an "unconditional war on poverty in America."
1998, Ramzi Yousef (RAHM'-zee YOO'-sef), the mastermind of the 1993 World Trade Center bombing, was sentenced in New York to life in prison without the possibility of parole.
2011, U.S. Rep. Gabrielle Giffords, D-Ariz., was shot and critically wounded when a gunman opened fire as the congresswoman met with constituents in Tucson; six people were killed and 12 others were injured. (Gunman Jared Lee Loughner was sentenced in Nov. 2012 to seven consecutive life sentences, plus 140 years.)
2016, Joaquin "El Chapo" Guzman, the world's most-wanted drug lord, was captured for a third time in a daring raid by Mexican marines, six months after walking through a tunnel to freedom from a maximum security prison.

Birthdays:

Singer Shirley Bassey is 88.
Fashion designer Carolina Herrera is 86.
Rock musician Robby Krieger (The Doors) is 79.
Filmmaker Sarah Polley is 46.
Actor Gaby Hoffman is 43.

January 15:

1559, Elizabeth I was crowned queen of England and Ireland in Westminster Abbey.
1943, work was completed on the Pentagon, headquarters of the U.S. Department of War (now Defense).
1967, the Green Bay Packers of the National Football League defeated the Kansas City Chiefs of the American Football League 35-10 in the first AFL-NFL World Championship Game, known retroactively as Super Bowl I.
2001, Wikipedia, the free online encyclopedia maintained by volunteer editors, made its debut.
2009, US Airways Capt. Chesley "Sully" Sullenberger landed an Airbus A320 safely in the Hudson River after striking a flock of birds that disabled both engines shortly after takeoff; all 155 people aboard survived.

Birthdays:

Actor Andrea Martin is 78.
Football Hall of Famer Randy White is 72.
Actor-director Mario Van Peebles is 68.
Former NFL quarterback Drew Brees is 46.
Rapper-reggaeton artist Pitbull is 44.

January 22:

1901 Queen Victoria died at age 81 after 63 years on the British throne.
1905 Russian troops opened fired on marching workers in St. Petersburg, killing more than 100 in what became known as "Bloody Sunday."
1938 Thornton Wilder's play "Our Town" premiered in Princeton, N.J.
1944 Allied forces began landing at Anzio, Italy, during World War II.
1947, America's first commercially licensed television station west of the Mississippi, KTLA-TV in Los Angeles, made its official debut.
1968 "Rowan & Martin's Laugh-In" premiered on NBC.
1970 The Boeing 747 went on its first regularly scheduled commercial flight, from New York to London.
1997 The Senate confirmed Madeleine Albright as the nation's first female secretary of state.
1998 Theodore Kaczynski pleaded guilty in Sacramento, Calif., to being the Unabomber in return for a sentence of life in prison without parole.
2006, Kobe Bryant scored 81 points, the second-highest single-game point total in NBA history, in the Los Angeles Lakers' 122-104 victory over the Toronto Raptors.
2010 Conan O'Brien ended his brief tenure as host of "The Tonight Show" after accepting a \$45 million buyout from NBC to leave the show after only seven months.

Birthdays:

Singer Steve Perry (Journey) is 76.
Actor John Wesley Shipp ("The Flash," "Dawson's Creek") is 70.
Actor Linda Blair is 66.
Actor Diane Lane is 60.
Celebrity chef Guy Fieri is 57.
Actor Gabriel Macht ("Suits") is 53.
Actor Beverley Mitchell ("Seventh Heaven") is 44.

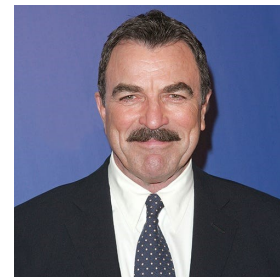
January 29:

1891, following the death of her brother Kalākaua, Lili'uokalani was sworn in as the first and only queen of the Hawaiian Kingdom. (Her reign would end two years later when the Hawaiian monarchy was abolished following a U.S. military-supported coup d'état.)
1936, the first five inductees of baseball's Hall of Fame — Ty Cobb, Babe Ruth, Honus Wagner, Christy Mathewson, and Walter Johnson — were named in Cooperstown, New York.
1995, the San Francisco 49ers became the first team in NFL history to win five Super Bowl titles, beating the San Diego Chargers, 49-26, in Super Bowl XXIX.
2002, in his first State of the Union address, President George W. Bush said terrorists were still threatening America — and warned of "an axis of evil" consisting of North Korea, Iran and Iraq.
2013, the Justice Department ended its criminal probe of the Deepwater Horizon disaster and Gulf of Mexico oil spill, with a U.S. judge agreeing to let London-based oil giant BP PLC plead guilty to manslaughter charges for the deaths of 11 rig workers and pay a record \$4 billion in penalties.
2018, the Cleveland Indians announced that they would remove the Chief Wahoo logo from their uniforms in the coming baseball season, after decades of protests and complaints that the grinning, red-faced caricature was racist. (The team changed its name to the Cleveland Guardians starting in the 2022 season.)

Birthdays:

Actor Katharine Ross is 85.
is 80.
Actor Ann Jillian is 75.
Talk show host Oprah Winfrey is 71.
Country singer Irlene Mandrell is 69.
Actor Nicholas Turturro ("NYPD Blue") is 63.
Actor Heather Graham is 55.
Actor Sam Jaeger ("Parenthood") is 48.
Country singer Eric Paisley is 42.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Actor Tom Selleck joins us, we hope that you will buy him a "Blue Bloods" drink, as he is 80 years old today.



HELP KIDS THRIVE



Funny Quotes

The Joys Of Growing Older



... I told my wife I wanted to be cremated. She made me an appointment for Tuesday.

... Measure once, cuss twice

... THINK! (It's not illegal.... YET)

... I don't care who dies in a movie, as long as the dog lives.

... The world's best antidepressant has 4 legs, a wagging tail and comes with unconditional love.

... I've reached the age where my train of thought often leaves the station without me.

... If you're happy and you know it, it's your meds.

... Middle age is when you're sitting at home on a Saturday night and the telephone rings and you hope it isn't for you.

... First you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down.

If you have something for the newsletter, please send it to Scott Youngberg via E-mail: esysy@att.net — Thank you



YOUTH PROTECTION GUIDELINES

Youth Protection Policies in Practice

<https://vimeo.com/863372175>

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delraybeachkiwanis.org



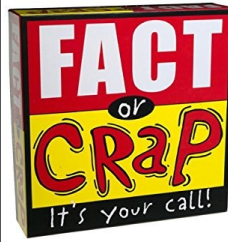
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Answers.....

1. Crap. He was born Robert Allen Zimmerman.
2. Fact. The first Boston Marathon was held in April 1897.
3. Fact. Many of a birds bones are hollow and contain air sacs that make their skeletons very light.
4. Fact. He was sent to Shattuck Military Academy in Minnesota.
5. Fact. The Komodo dragon is the world's largest lizard.
6. Crap. Carter died 16 years after the discovery of the tomb at age 64.
7. Fact. Officially called the United Society of Believers.

This Month's Sudoku Puzzle....



A sudoku puzzle is a grid of 9 by 9 squares that has been divided into 9 smaller regions of 3 by 3 squares. The goal is to write the numbers 1 through 9 in the squares so:

- Each horizontal row has every number only once.
- Each vertical column has every number only once.
- Each 3 by 3 region has every number only once.

Difficulty– Very Hard. Be sure to use a pencil!

				3	5	6		7
1		5						3
3					4			
					7		2	6
		6	8		3	7		
7	4		5					
			3					2
	7					1		3
4		8	6	1				

(Answers on Page 10)

The Delray Beach Kiwanis Club was Chartered in 1973 as the Kiwanis Club of Delray Beach-Sunrise and is operating in Division 21 of the Florida District.

Club Mailing Address: PO Box 7083, Delray Beach, Fl.33482

2024-2025 Kiwanis Int'l President:

Lee Kuan Yong
Kuala Lumpur, Malasia

2024-2025 Florida Kiwanis Governor:

Jeremy Riehl
407-275-0747

2024-2025 Division 21 Lt. Governor:

Pam Davidson
Email: g8rmomof2@gmail.com

Other Division 21 Clubs:

Boca Raton-1st & 3rd Thursdays, 5 p.m.
Boca Raton Community Center Annex
260 Crawford Blvd, Boca Raton

West Boca Raton- 1st Friday. 1 pm.
Glades Road Branch Library
20701 95th Ave S, Boca Raton

Boynton Beach - 1st & 3rd Tuesdays, 8 am
2nd & 4th Tuesdays , 12 noon
Crackerbarrel, 1475 SW 8th St, Boynton Beach

Hypoluxo-Lantana - Tuesdays, 7:00 a.m.
Maddock Park, 1200 West Drew Street, Lantana

Lake Worth - Tuesdays, 8:30 a.m.
Too-Jays Restaurant
419 Lake Avenue, Lake Worth

Florida Kiwanis Foundation:

2024-2025 President: James Wylie
Email: fjameswylie@gmail.com

Div. 21 Trustee: Joel Davidson
E-mail: jid310@gmail.com

You + Kiwanis =

Improved
Lives & communities.

Kiwanians in Canada help refugees from Ukraine thrive in their new country.

By Julie Saetre

Kiwanians have a heart for service — and in Barrie, Ontario, Canada, that heart extends to helping families in need from over 7,700 kilometers away.

In 2021, members of the Kiwanis Club of Barrie — including Helen Ellement and her sister, Cathy Locke — were deciding how to mark the club's 100th anniversary. At a church service, Ellement and Locke learned that refugees from Ukraine would be traveling to Canada and needed places to stay. At the time, Locke had been preparing to sell her large home so she could purchase a smaller residence.

"So of course we just looked at each other," Ellement recalls, "and she said, 'I know what I'm going to do.'"

Locke offered to house some incoming refugees while they adjusted to living in a different country, learning a new language and finding employment. And Ellement thought of a way to celebrate the club's centennial: spend CA\$100,000 on service projects, a third of which would fund the refugees' flights to Canada.

The club's donation paid for six families — a total of 33 people — to relocate. And once they arrived, Ellement, the current lieutenant governor of Kiwanis Division 8, and Locke, now the club's president-elect, led efforts to help the families settle in. The sisters gathered necessities ranging from bedding to paper goods, made doctor appointments, located a service that would help determine grade placement levels for the school-age students, and even helped find jobs for some of the adults.

"Pretty much anything you would do for your own kids, that's what we've been doing for the Ukrainian families," Ellement says.



Generosity rewarded

Meanwhile, instead of selling her home, Locke invited the largest family group — two parents and 11 children and teens — to live in the residence. Locke relocated to what became a lower-level apartment, complete with separate access; the family moved into the remainder of the house.

The families have not let this generosity go unrewarded. "They've worked at every function that Kiwanis does that we need help with," Ellement says. "So they've helped us as much as we've helped them. They've been fabulous."

Now Ellement and Locke are writing letters of recommendation to help the families gain permanent residency in Canada. "They've all gotten jobs, and they've worked very hard. They've become members of their community," says Ellement. "They feel like family, and they feel like we're their family."

Sudoku Puzzle....Answers

9	8	4	2	3	5	6	1	7
1	2	5	7	9	6	8	3	4
3	6	7	1	8	4	2	5	9
8	1	3	9	4	7	5	2	6
5	9	6	8	2	3	7	4	1
7	4	2	5	6	1	3	9	8
6	5	1	3	7	9	4	8	2
2	7	9	4	5	8	1	6	3
4	3	8	6	1	2	9	7	5



From Our Photographer's Camera.....

Our Trusty photographer and a helper or two giving us some great memories from recent meetings and events. ENJOY!

